

Informal Practice Log ("Turning Toward") – Week 5

What was the situation? What were you noticing? (something that caused physical or emotional distress: "I don't like this!")	What was the strongest emotion you were feeling? (e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)	How would you describe this physically? (e.g. tightness in chest, queasiness in stomach, ache in heart, headache)	Where did you find something pleasant? (image, memory, past event, something grateful for, or part of body without pain)	What did you notice immediately AFTER having done this process (or what do you notice now)? (body-mind-emotion-action)
EXAMPLE (emotional) My boss harshly reprimanded me in an email. I went through all the things I could say in my defense. My shoulders were tense, my jaw clenched, stomach tight.	I felt vulnerable and angry, but mostly I felt hurt about how unfair he had been. At first, I was shocked, then felt like I had been kicked in the stomach.	There was a sinking feeling in my stomach, and a tightness because I really thought I had done a good job in the document he wrote to me about.	I remembered how much I love my work and how grateful I am for being able to do something that makes a difference in other peoples' lives.	I softened around my stomach, noticed I could relax my shoulders. I was able to respond non-defensively to my boss.
EXAMPLE (physical) I was working at my desk and my back was killing me, but I had two hours more to go - I couldn't leave.	Anger, impatience, wishing it would just go away. "How am I going to get through the day like this? I have so much to do!"	Compressed area in small of back, tight, binding, pinching. It's oblong and about 1" thick in middle, tapers off at edge. Texture like granite.	My legs don't hurt, they actually feel relaxed, pleasant... sensing warmth and ease there. Recalling nice interaction with a friend this afternoon...	I felt much bigger, that there is much more to me than this area in my back. The back pain didn't go away, but I felt it as only part of me, not all, not so troubling.

7th day & beyond is optional

